

Dear Fellow State Employee:

October is

- **Family Health Month**
- **Breast Cancer Awareness Month**
- **Domestic Violence Awareness Month**

October 9th is National Depression Screening Day.

Be sure and visit the **WOW website** for more on all of the above.

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

And be sure to check out:

1. the new **Jackson YMCA discount**
2. the **Fitness Club discounts** offered by Court One, Go Work Out, Fitness USA, Powerhouse Gym & World Gym
3. our new website additions:
 - **Why WOW Archive**
 - **October Wellness Events**
 - **State HMO & PPO Wellness Bulletin Board**

Continue to look for future Y & Fitness Club discounts in the up-coming months.

Thank you,
Employee Health and Wellness